



1561 Old Dixie Highway suite B  
Vero Beach, Florida, 32960

## Fitness Agreement

Name \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_  
(C) \_\_\_\_\_ (H) \_\_\_\_\_ (W) \_\_\_\_\_  
Email \_\_\_\_\_

**Release and Waiver of Liability and Indemnity:** You as a client of Kim's CoreFit agree that you are in good physical condition and do not suffer from any disabilities that could jeopardize your physical well being during exercise. In consideration of your participation in a Kim's CoreFit exercise program or while using this fitness center; you, your heirs, assigns and next of kin release Kim's CoreFit and its staff, officers, directors and agents, from any claims arising from your participation in this exercise program or use of this facility. You fully understand that you may injure yourself as a result of your participation in a Kim's CoreFit exercise program, and you hereby release Kim's CoreFit from any liability, now or in the future; including but not limited to heart attacks, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee/lower back/foot injuries and any other illness, soreness or injury however caused, or occurring during, or after your participation in this exercise program, whether caused by the active or passive negligence of Kim's CoreFit, or otherwise. You, the client further expressly agree that the foregoing release, waiver and agreement is intended to be as broad and inclusive as is permitted by law of the state of Florida and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full force and effect. You the member have read this release and waiver of liability and indemnity, and agree that no oral representation, statements or inducement apart from the foregoing written agreement have been made.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Personal Trainer \_\_\_\_\_

